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GULL  
BULLETIN

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### OCTOBER MEETING

Christian Nelson, Chief of the Interpretive Department of the East Bay Regional Park District, will be the speaker at the next meeting of the Golden Gate Audubon Society on **Thursday, October 10**, in the Rotary Natural Science Center in Lakeside Park, Oakland. Mr. Nelson will describe interesting plans for the development of nature areas and nature education in the Regional Parks. The meeting will begin at 7:30 p.m., and will be preceded by a no-host dinner at 6 p.m., at Lovely's Buffet on Grand Ave. near Perkins St. Come and bring friends.

—ROBERT C. DaCOSTA, JR., *Program Chairman.*

### FIELD TRIPS FOR OCTOBER

**Saturday, October 5**, boat trip off Monterey. Boat will leave Sam's Wharf at 9 a.m. and return at 3 p.m. Park cars at Fisherman's Wharf Municipal Parking Lot. Do not park in metered zones. Allow one-half hour to park car, walk to Sam's Wharf and board boat. Wear warm clothing, bring lunch and seasick pills. This trip will be at the time of heavy migration of ocean birds that travel on a route fairly close to the coast of Monterey. Black-footed albatross, pink-footed, New Zealand and sooty shearwater, black and ashy petrel, pomarine and parasitic jaeger, and skua have been seen on previous trips. A group of expert birders from Los Angeles, headed by Mr. Russell E. Wilson, will join us. A social get-together with the Los Angeles birders at Bamboo Garden, 2030 Fremont Ex. Monterey is planned for Saturday evening. Fare \$4.50 per person. Make checks payable to the Golden Gate Audubon Society Inc. and send to Harold G. Peterson, 3548 65th Ave., Oakland, California 94605. Leaders, Richard Stallcup, LO 9-3185, Russell E. Wilson, 4548 Farmdale, North Hollywood, California and Guy McCaskie, P. O. Box 241, Tahoe City, California.

**Tuesday, October 15**, to Tomales Bay and Tomales State Park. The variety of habitat found here makes this a rich area for bird study. Land, water and shore birds may be seen here. The Jepson trail in Tomales State Park passes through an interesting display of plant life. Bring binoculars, telescopes, interested friends and lunch. Meet at 10 a.m. in Inverness. Persons without transportation would appreciate a ride. If you have extra space in your car drop by Lombard and Lyon Streets in San Francisco at

8:30 a.m. (NO. 45 bus) and at the Ski Hut, 1615 University Ave., Berkeley at 8:30 a.m. for riders. Leaders, Mrs. Hubert Fry, SE 1-2874, and Marshall Jencks, 534-9353.

**Sunday, October 20,** to Dr William L. Bender's ranch in Sonoma County. Our group has been invited to spend the day on this ranch to observe birds and other nature subjects. Wooded slopes covered with oaks, shrubs and conifers, open grass lands, and creek are all here. A two mile hike is planned. Meet at 9 a.m., at the junction of Highway 12 (Santa Rosa and Sonoma) and Trinity Road. This is 5 miles west of Boyes Springs or 2 1/2 miles east of Kenwood coming from Santa Rosa. From here the group will caravan 8 miles over a mountain road to the ranch. Bring binoculars, telescopes, and interested friends. The host will furnish coffee. Leader, Miss Patricia Triggs, MO 4-8502.

**Saturday, October 26,** to Point Reyes Peninsula. Land, shore and water birds are numerous here at this time. The varied habitat of fresh and salt water marshes, open fields, and open water attracts many species. Golden plovers, pectoral sandpipers and tropical kingbird were seen on previous trips. It is not unusual to check off over 100 species. Bring binoculars, telescopes, lunch and interested friends. Meet at the store in Inverness at 9 a.m. Leaders, Marie Mans 848-5186 and Alice Williams 669-1218.

#### **WATERFOWL REFUGES FIELD TRIP**

On the weekend of **November 2 and 3**, there will be a joint field trip of the Berkeley Hiking Club and the Golden Gate Audubon Society, to visit the waterfowl refuges in the Sacramento Valley. Saturday, we will meet at 10 a.m. and 1 p.m., at the headquarters of the Sacramento National Wildlife Refuge. This is 7 miles south of Willows on Route 99W. Those wishing to make an overnight trip should make reservations in or near Gridley, which is across the valley on Route 99E. Duck shooting season will be on, so lodging will be in great demand.

A social evening is being planned at Woodward's Country Kitchen on Route 99E, south of Gridley, on Saturday. This place serves excellent meals. Drop a card to one of the leaders if you plan to join the group so that the restaurant operators can be notified.

On Sunday, meet at the post office in Gridley, at 8 a.m., for a conducted trip to Gray Lodge Waterfowl Management Area southwest of Gridley. To reach this area from Gridley, drive west on Colusa Road approximately 4 miles, then turn south on Pennington Road to sign on right directing traffic to the refuge. It can also be reached from 99E by turning west at Live Oak and driving until Sutter Buttes are reached, and then turning north. It is advisable to ask at service stations in Live Oak for directions and road conditions. The driving time from Bay Area points to Saturday meeting place is about 3 hours and distance 130 miles. Leaders, Paul Covel, 2860 Delaware, Oakland, 536-4120, and Dorothy Macomber, 526-4864, 67 Eureka Ave., Berkeley.

—HAROLD G. PETERSON, *Field Trips Chairman*

### OCTOBER FIELD TRIP FOR CHILDREN

The Golden Gate Audubon Society's monthly field trip for children is scheduled for **Saturday, October 26**. Mrs. Robert C. DaCosta will lead this outing in Golden Gate Park. If you plan to join her—and it will be lots of fun—meet her at 10 a.m. at 43rd Ave. and Fulton St., San Francisco, at the entrance to the Park. From here you will walk around the three lakes and see what you can discover. Bring your lunch done up in a bandana that you can carry by tying to your belt. After lunch there will be a surprise for everyone. Children eight years of age or younger must be accompanied by an adult. Parents are invited, however, to join the group irrespective of the age of their children. The trip will end at 1:30, when the children may be picked up at 43rd Ave. and Fulton St.

Every month we plan to have a short article for children in **The Gull**. If you parents will be kind enough to pass it on to your children, they will have a chance to prepare themselves for the walk planned for that month. This is the first of these articles:

#### How To Look At Birds

You have ten fingers on your hands. Each will serve to remind you of something important to observe when you are out birding.

<b>RIGHT HAND</b>	<b>Thumb:</b>	Where did you see the bird—San Francisco, Oakland, Lake Merritt, Golden Gate Park, on the street?
	<b>Index Finger:</b>	Where was the bird? On the water, on the ground, or in a tree?
	<b>Middle Finger:</b>	What was the bird doing? Was it flitting so quickly in a tree that you could hardly see it? Was it diving into the water? Was it upending itself (dabbling) to get food from the bottom of the lake?
	<b>Fourth Finger:</b>	How large was it? As big as a robin, as a mallard duck, as a sparrow? Smaller than a hummingbird?
	<b>Little Finger:</b>	What was the general color of the bird? Was it brown, gray, or white?
<b>LEFT HAND</b>	<b>Thumb:</b>	Did it have any special marks on the breast, tail, or at the place where the wing joins the body?
	<b>Index Finger:</b>	What was the shape of its bill? Was it thick, short and sharp for cracking seeds? Was it thin and sharp for catching insects? Was it curved and hooked for eating live mice and birds? Was it flat for scooping out food from the bottom of the water?
	<b>Middle Finger:</b>	What was the color of its head? On top, under the chin, around the eyes? Did it have any special marks on the head, such as streaks, stripes, or eye-ring?
	<b>Fourth Finger:</b>	What was the pattern of its flight? Did it flap its wings and then coast along for a bit? Did it waver up and down? Did it soar (fly without moving its wings)?
	<b>Little Finger:</b>	Can you sing its song? Not just "tweet-tweet", but the exact pattern, such as one long note and two short ones, the last two lower than the first?

If you can describe the birds you see by noticing all these FIELD MARKS, you will be able to find the name of every bird in any book. Try it!

—JANET NICKELSBURG, *Education Chairman.*

### PLANTS OF THE TILDEN NATURE AREA

We have received requests for a summary of the interesting talk by Josh Barkin, Naturalist at the Tilden Nature Area, on the ecology of Jewel Lake, which was the highlight of our summer picnic meeting in Tilden Park, Berkeley. Tilden Park is one of eight parks of the East Bay Regional Park District, of which William Penn Mott, Jr., is General Manager and Christian O. Nelson is Chief of the Interpretive Department. Mr. Barkin showed us many native plants of this area, and discussed some of their uses for Indians, pioneers, and birds:

**RED ALDER**—The wood burns with a very clear flame with practically no smoke. The seeds make excellent food for the goldfinch.

**MUSTARD**—The leaves can be cooked as a “spinach”—they are also good in a sandwich. The Romans ground the seeds and added them to their wine and drank it before going into battle. The seeds are good food for the mourning dove, the pygmy nuthatch, and the horned lark.

**STICKY MONKEY FLOWER**—“During a trip with some marvelous children, a banded Steller’s jay landed on my hat. I was carrying a branch of sticky monkey flower. The bird leaned over and began to feed on the flower.”

**ELDERBERRY**—The Indians and pioneers used the elderberry as a source of fruit. This shrub for its size produces an enormous amount of fruit. It is good for wine, pies, jelly, etc. The Audubon warbler, wrentit, black-headed grosbeak, red-shafted flicker, and kingbird all use its fruit and seeds for food.

**BLUE WITCH**—A member of the nightshade family—not for human consumption—but the hermit thrush and the varied thrush feed on it.

**WILD LILAC** (*Ceanothus*)—Provides food for quail. Its wood burns well—either wet or dry. (To be continued in the next issue of *The Gull*.)

### NEW MEMBERS

We welcome the following new members to our Society: from Berkeley, Mr. Curtis D. Awbrey, Mr. Albert Ghiorso, Mrs. Elizabeth Grant, Mrs. Helen F. Roop; from El Cerrito, Mrs. Esther R. Frisbey; from Hayward, Mr. Sid Thomson; from Modesto, Mr. Richard Brians; from Oakland, Marion Carlson, Mr. & Mrs. T. H. Harris, Mr. Stennett Heaton, Mrs. Gertrude Cheney Moore; from Richmond, Mr. Alan Bundy; from San Francisco, Mrs. G. Keizer, Dr. & Mrs. Richard A. Kunin, Miss Karin Taylor, Mrs. James B. Wyman; from Walnut Creek, Mr. Thomas S. Vanasek.

—VALERIA G. DaCOSTA, *Membership Chairman*

### OAKLAND FILM-LECTURE SERIES 1963-64

A new “Wide World” film-lecture series for 1963-64 will be presented by Snow Museum and the Oakland Museums Association. The series of



## GOLDEN GATE AUDUBON SOCIETY, INC.

Established January 25, 1917

A Branch of the National Audubon Society since 1948

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Claims for missing numbers of THE GULL should be sent to the Editor. Changes of address should be sent to the Membership Chairman.

Monthly meetings second Thursday, 7:30 p.m. Joint Membership, Local and National, \$8.50 per year, includes AUDUBON MAGAZINE and THE GULL. Subscription to THE GULL separately \$2.00 per year.

Visit the Conservation Center of the NATIONAL AUDUBON SOCIETY  
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